Unit 2

# My Healthy Body

# جسمي الصحي

### EAT WELL

Eat a variety of healthy foods. They give you energy and help you grow.

### STAY ACTIVE

Exercise every day. It makes your body strong and your mind happy.

### SLEEP WELL

Good sleep helps your body rest, refresh and stay focused.

### DRINK WATER

Water keeps your body hydrated and working properly.

### STAY CLEAN

Keep your body clean to stay healthy and prevent illness.

**A healthy body helps you:**

- Be strong
- Think clearly
- Feel happy
- Enjoy life

**Take care of your body, it's the only place you have to live!**

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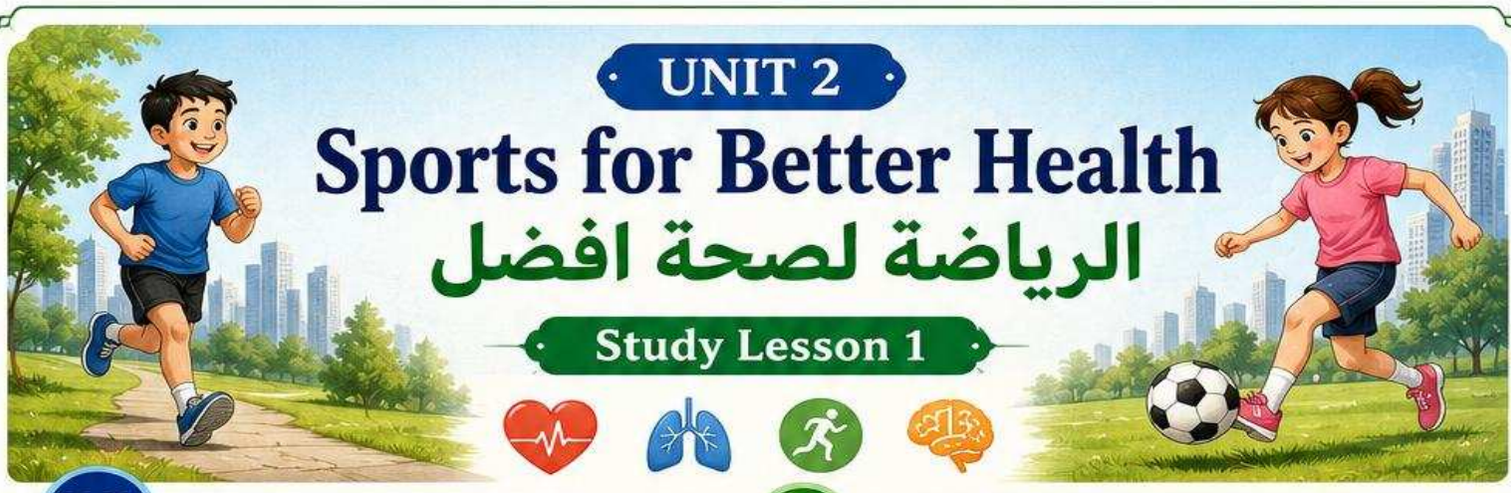

# UNIT 2

# Sports for Better Health

# الرياضة لصحة افضل

## Study Lesson 1

## Main vocabulary الكلمات الاساسية

| | | | |
|---|---|---|---|
| muscles | عضلات | whole | كل/كامل/تمام |
| lungs | الرئتين | normal | طبيعى |
| fit | لائق بدنيا | alright | حسنا |
| stressed | متوتر | regularly | بانتظام |
| heart | قلب | together | معا |

## Extra vocabulary الكلمات الاضافية

| | | | |
|---|---|---|---|
| chest | صدر | health | صحة |
| bones | عظام | exercising | ممارسة الرياضة |
| sports | رياضيات | sure | بالتاكيد |
| stronger | اقوى | mind | عقل |
| swimming | السباحة | exactly | بالضبط |
| mental health | الصحة العقلية | tired | متعب |
| absolutely | اطلاقا/حتما | organ | عضو |
| body | جسم | fast | سريع |
| stress | توتر | football | كرة القدم |

## Conjugation of verbs تصريف الأفعال

### Regular

| Present | | Past |
|---|---|---|
| increase | يزيد | increased |
| reduce | يقلل | reduced |
| practice | يتدرب | practiced |
| play | يلعب | played |

### Irregular

| Present | | Past |
|---|---|---|
| grow | ينمو\يكبر | grew |
| lose | يخسر | lost |
| have | يمتلك | had |
| sleep | ينام | slept |

## Important Expressions and Phrases تعبيرات و عبارات هامة

| | |
|---|---|
| in fact | في الواقع |
| go for a walk | يذهب للمشي |
| That's interesting | هذا رائع |
| play sports | يلعب رياضة |
| talk about | يتحدث بشأن |
| What about ... ? | ماذا عن ... ؟ |

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# UNIT 2 Fit, Fast and Feeling Good

## لائق بدنيا و سريع و اشعر بشعور جيد

### Read the Context Lesson 1

**Listen , read and role-play :** استمع, أقرأ و تبادل الادوار :

| | | | |
|---|---|---|---|
| Mazen : | Mum, why is it important to play sports? | مازن : | أمي، لماذا من المهم ممارسة الرياضة؟ |
| Mum : | well, sports help us stay healthy and make our bodies stronger. | الأم : | حسنًا، الرياضة تساعدنا على الحفاظ على صحتنا وتقوية أجسامنا. |
| Mazen : | oh, so if I play football, will I be stronger? | مازن : | أوه، إذًا إذا لعبت كرة القدم، هل سأصبح أقوى؟ |
| Mum : | yes. It makes your heart strong and helps your muscles grow. It also increases energy. | الأم : | نعم. إنها تقوي القلب وتساعد العضلات على النمو. كما أنها تزيد الطاقة. |
| Mazen : | what about swimming? | مازن : | وماذا عن السباحة؟ |
| Mum : | swimming is very good, too. It makes your lungs strong. In fact, it helps your whole body. | الأم : | السباحة مفيدة جدا أيضا. إنها تقوي الرئتين. في الواقع، إنها مفيدة للجسم كله. |
| Mazen : | good. But sometimes I get tired when I play sports. | مازن : | جيد. لكنني أشعر بالتعب أحيانًا عندما أمارس الرياضة. |
| Mum : | that's normal. Try eating some fruit before you exercise to give you more energy. | الأم : | هذا طبيعي. حاول تناول بعض الفاكهة قبل التمرين لتمنحك المزيد من الطاقة. |
| Mazen : | all right. Sports make us fit, too, right? | مازن : | حسنًا. الرياضة تجعلنا لائقين بدنياً أيضاً، أليس كذلك؟ |
| Mum : | exactly. Exercise helps you lose weight and it makes your bones stronger. | الأم : | بالضبط. التمرين يساعدك على إنقاص الوزن ويقوي عظامك. |
| Mazen : | what about our mental health? Can sports help us with that? | مازن : | ماذا عن صحتنا النفسية؟ هل يمكن للرياضة أن تساعدنا في ذلك؟ |
| Mum : | absolutely. Exercising regularly helps you sleep better and reduces stress. | الأم : | بالتأكيد. ممارسة الرياضة بانتظام تساعدك على النوم بشكل أفضل وتقلل التوتر. |
| Mazen : | that's great. I think I will play sports more regularly. | مازن : | هذا رائع. أعتقد أنني سأمارس الرياضة بانتظام أكثر. |
| Mum : | how about going for a walk together? | الأم : | ما رأيك أن نتمشى معًا؟ |
| Mazen : | yeah, sure. I want to be healthy. | مازن : | أجل، بالتأكيد. أريد أن أكون بصحة جيدة. |

### BENEFITS OF SPORTS فوائد الرياضة

**Stronger Heart** قلب أقوى
Sports make your heart strong.
الرياضة تقوي قلبك.

**Stronger Muscles** عضلات أقوى
Sports help your muscles grow.
الرياضة تساعد عضلاتك على النمو.

**Stronger Lungs** رئتان أقوى
Sports improve your lung capacity.
الرياضة تقوي الرئتين وتحسن قدرتها.

**Healthy Weight** وزن صحي
Exercise helps you lose weight.
التمرين يساعدك على إنقاص الوزن.

**Stronger Bones** عظام أقوى
Exercise makes your bones stronger.
التمرين يقوي عظامك.

**Better Mental Health** صحة نفسية أفضل
Sports reduce stress and help you sleep better.
الرياضة تقلل التوتر وتساعدك على النوم بشكل أفضل.

### TIPS FOR A HEALTHY YOU نصائح لحياة صحية

- Play sports regularly. مارس الرياضة بانتظام.
- Eat healthy food and fruit. تناول طعامًا صحيًا وفاكهة.
- Drink plenty of water. اشرب الكثير من الماء.
- Get enough sleep. احصل على قسط كافي من النوم.
- Stay active, stay happy! كن نشيطًا، كن سعيدًا!



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# General Exercise unit 1 lesson 1

**1. Listen and write T (True) or F (False).**

1. Maya likes swimming and fishing. ( )
2. Adam wants to play the piano and sing songs. ( )
3. Nour enjoys solving problems . ( )
4. The students are planning a talent show next month . ( )

There three four friends Maya , Adam and Nour . Maya likes swimming and fishing. Adam wants to play the piano and sing songs. Nour enjoys solving puzzles. The students are planning a talent show next week.

**2. Choose the correct answer from a, b, c or d.**

1. To be ..... means to be healthy and strong because you exercise
ⓐ stressed ⓑ fat ⓒ fit ⓓ tired
2. Eating healthy food and playing sports ..... energy
ⓐ stop ⓑ pick ⓒ increase ⓓ reduce
3. The heart is a very important ..... in our body
ⓐ bone ⓑ organ ⓒ activity ⓓ sport
4. Exercising regularly helps her lose ..... and become fit
ⓐ money ⓑ energy ⓒ weight ⓓ games
5 . My brother loves watching ..... on TV, especially football.
ⓐ cartoons ⓑ sports ⓒ books ⓓ lungs
6. Exercising regularly ..... stress.
ⓐ reduces ⓑ damages ⓒ increases ⓓ collects

**3. Read and complete the text with the words in the box.**

grow – helps – heart – lose – football

Playing sports is very important for me. I play (1) ..... regularly with my friends. Sports make my (2) .....strong and help my muscles (3) .....Swimming also (4) .....our whole body. It makes our lungs strong.

**4. Read the text and answer the questions.**

Playing sports has a good effect on your health. It makes your body stronger Football, for example, makes your heart strong and helps your muscles grow. It also increases energy. Swimming is very good, too. It helps the whole body. It makes your lungs strong. Exercise helps you lose weight and makes your bones stronger. Sports can help you with your mental health because exercising regularly helps you sleep better and reduces stress

**A. Choose the correct answer from a,b,c or d.**

1. This text is about the importance of .....
ⓐ muscles ⓑ sports ⓒ lungs ⓓ heart



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2. The underlined verb "increases" is the opposite of " .....
ⓐ reduces ⓑ collects ⓒ exercises ⓓ mixes

**B. Answer the following questions.**

3. How can swimming help us?

.....

4. Why are sports important for your mental health?

.....

5. Summarize the text in one sentence.

.....

**5. Put the words in the correct order to make sentences.**

1. going – What- about- for- a walk?

.....

2. makes – Football – your – strong – heart .

.....

**6. Punctuate the following.**

1. how does playing sports help your mind

.....

2. the muscles help you move

.....

**7. Write a paragraph of about THIRTY (30) words using the following guiding elements.**

Playing sports

Guiding elements:

healthy muscles mental health

.....

.....

.....

.....

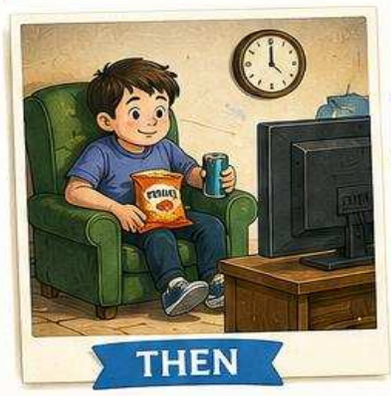
.....

.....

.....

.....

Islam Ramadan




# UNIT 2

# My habits : Now and Then

# عادتي ما بين الحاضر و الماضي

## Study Lesson 2

## Main vocabulary الكلمات الاساسية

| | | | |
|---|---|---|---|
| journey | رحلة | picnic | نزهة خلوية |
| vitamins | فيتامينات | sweets | حلويات |
| habit | عادة | soda | مياه غازية |
| snack | وجبة خفيفة | watermelon | بطيخ |
| carrots | جزر | bananas | موز |

## Extra vocabulary الكلمات الاضافية

| | | | |
|---|---|---|---|
| chips | رقائق بطاطس | unhealthy | غير صحى |
| vegetables | خضرات | fridge | ثلاجة |
| friend | صديق | early | مبكرا |
| burger | برجر | walk | يمشى |
| changes | تغيرات | dinner | وجبة |
| fruits | فواكه | healthy | صحي |

## Conjugation of verbs تصريف الأفعال

### Regular

| Present | | Past |
|---|---|---|
| change | يغير | changed |
| share | يشارك | shared |
| bake | يخبز | baked |
| fry | يقلي/يحمر | fried |
| grill | يشوي | grilled |
| follow | يتبع | followed |

### Irregular

| Present | | Past |
|---|---|---|
| wake up | يستيقظ | woke up |
| give | يعطي | gave |
| grow | ينكو/يكبر | grew |
| sleep | ينام | slept |
| do | يفعل | did |
| make | يصنع | made |

## Important Expressions and Phrases تعبيرات و عبارات هامة

| | | | |
|---|---|---|---|
| used to | اعتاد ان | in stead of | بدلا من |
| followed by | يتبع بواسطة | interested in | يهتم بـــــ |
| all day | طول اليوم | take care | يعتني بـــــ |

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UNIT 2

# Adam's Journey to a Healthier Life

## Read the Context Lesson 2

رحلة ادم نحو حياة صحية اكثر

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
|---|---|---|---|---|---|---|---|---|---|---|---|
| share<br>يشارك | habits<br>عادات | woke up<br>يستيقظ | weekends<br>عطلات | feel strong<br>يشعر بالقوة | chips<br>شيبسي | burgers<br>برجر | sweets<br>حلوي | snacks<br>وجبات خفيفة | carrots<br>جزر | instead of<br>بدلا من | soda<br>صودا |

Hello, I am Adam, and I would like to (1)share how my (2)habits have changed. In the past, I (3)woke up late on (4)weekends, and I didn't exercise much. Now, I wake up early and exercise every morning. It makes me (5)feel strong and happy. I used to watch TV all day, but now I play football with friends every Saturday. Before, I loved (6)chips, (7)burgers, and (8)sweets. Now, I eat more fruits and vegetables, which give me important vitamins. My favorite (9)snacks are apples, bananas, and (10)carrots. And I drink water (11)instead of (12)soda. My family's habits, it changed too. We grill or bake food instead of frying like we used to do in the past. And we eat dinner early, followed by a walk. These changes give me more energy and help me feel better. Have you changed your habits too?

مرحبًا، أنا آدم، وأودّ أن نشارككم كيف تغيّرت عاداتي. في الماضي، كنت أستيقظ متأخرًا في عطلات نهاية الأسبوع، ولم أكن أمارس الرياضة كثيراً. أما الآن، فأستيقظ مبكرًا وأمارس الرياضة كل صباح. هذا يجعلني أشعر بالقوة والسعادة. كنت أشاهد التلفاز طوال اليوم ، أما الآن فألعب كرة القدم مع أصدقائي كل سبت. سابقًا. كنت أحبُّ رقائق البطاطس والبرغر والحلويات. أما الآن، فأتناول المزيد من الفواكه والخضراوات، التي تمدّني بالفيتامينات المهمة. وجباتي الخفيفة المفضّلة هي التفاح والموز والجزز. وأشرب الماء بدلاً من المشروبات الغازية. تغيّرت عادات عائلتي أيضاً. نشوي أو نخبز الطعام بدلاً من قليه كما كنا نفعل سابقًا. وتتناول العشاء مبكراً، ثم نتمشى. هذه التغييرات تمنحني المزيد من الطاقة وتساعدني على الشعور بتحسّن. هل غيّرتم عاداتكم أيضا؟

## Read again and answer.

1. What does Adam do every morning?
   ..... .
2. What is Adam's favorite snack?
   ..... .
3. How did Adam's family cook their food in the past?
   ..... .

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# Unit 2

# Language in use

## Determiners المحددات

## 1. Indefinite article ( a \ an )

### Articles ( a - an )

**an** an ➔ a \ e \ o \ u \ i مع الأصوات المتحركة

an apple ➔ apples

an egg ➔ eggs

an orange ➔ oranges

an umbrella ➔ umbrellas

an insect ➔ insects

e.g I like to have an apple in the morning .

e.g Mr. Islam has an English book .

e.g we can peel an orange with knife .

**a** a ➔ باقي الحروف الساكنة

a book \ a girl \ a school \ a desk \ a boy \ a flower \ a rose \ a pen .... ect .

e.g there is a boy playing on the swing .

e.g Have you got a desk to sit ?

لا تـــأتي a\an مع الأسماء التي لا تجمع او الكميات او الاسم الجمع مثل

water \ oil \ money \ sugar \ honey \ sand \ air \ books \ girls \ children ... ect .

## 2. distributives ( some \ any )

### Some \ any

**some \ any**

تأتي مع الأسماء الجمع و الأسماء الغير معدودة (كميات)

- some books \ some girls \ any books \ any girls ... ect .
- some sugar \ some oil \ any sugar \ any oil ... ect .

**الفرق بين some \ any**

1. some ➔ اثبات \ ترطب

e.g Would you like to have something ?

e.g Yes, I like to have some juice .

2. any ➔ ســؤال \ نفـي

e.g Do you need anything to eat ?

e.g No, I don't need anything .

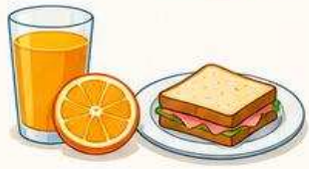
## Would you like ... ? هل تحب ...

**would**

**Would you like to.....?** هل تحب ان .... ؟

e.g Would you like to have something ?

- Yes , please .
- No , thanks .





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## 1. Choose the correct answer from a, b, c or d:

1. Would you like ..... tea?
ⓐ a ⓑ any ⓒ some ⓓ an
2. Is there ..... butter in the fridge?
ⓐ an ⓑ some ⓒ any ⓓ a
3. Would you like ..... oranges ?
ⓐ a ⓑ an ⓒ some ⓓ any
4. Are there ..... books on the desk?
ⓐ any ⓑ some ⓒ an ⓓ a
5. There are ..... golden eggs with the giant.
ⓐ some ⓑ any ⓒ a ⓓ an
6. I would like to buy ..... food.
ⓐ any ⓑ an ⓒ some ⓓ a
7. We haven't got ..... mango trees in our garden.
ⓐ some ⓑ an ⓒ any ⓓ a
8. There isn't ..... water in the glass.
ⓐ some ⓑ any ⓒ a ⓓ an
9. We need ..... eggs to make the cake.
ⓐ a ⓑ an ⓒ some ⓓ any
10. They don't have ..... rice in the kitchen.
ⓐ an ⓑ any ⓒ a ⓓ some

## 2. Complete the sentences with the correct form of the words between brackets :

1. ..... (An) boy is playing in the garden
2. I saw ..... (a) insect on the flower yesterday .
3. We bought ..... (an) house last month .
4. Mr.Islam is reading ..... (an) book with Fareeda .
5. Fareeda read ..... (an) story with his father .
6. Do you have ..... (some) water for me to drink?
7. We don't have ..... (some) oranges left, sorry.
8. Is there ..... (some) milk in the fridge?
9. Could you pass me ..... (any) bread, please?
10. Do you have ..... (some) cheese for the pizza?
11. I have ..... (any) lettuce for the salad.


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# General Exercise unit 1 lesson 2

**1. Choose the correct answer from a , b , c or d .**

1. We need ..... eggs to make the cake.

ⓐ a ⓑ an ⓒ some ⓓ any

2. They don't have ..... rice in the kitchen.

ⓐ an ⓑ any ⓒ a ⓓ some

3. ..... fast food every day is an unhealthy habit.

ⓐ Baking ⓑ Frying ⓒ Grilling ⓓ Eating

4. My mother ..... me up early every day.

ⓐ makes ⓑ wakes ⓒ gives ⓓ drives

5. We always ..... bread from the bakery.

ⓐ draw ⓑ buy ⓒ hide ⓓ fix

6. The fridge is full of cold drinks like juice and .....

ⓐ rice ⓑ eggs ⓒ soda ⓓ burgers

**2. Read and complete the text with the words in the box.**

fit - habits – fruits - healthy - vitamins

There are many ways to stay (1) ..... . One of these ways is to eat healthy food like (2) .....and vegetables. Fruits and vegetables give us (3) .....Playing sports is another way. We should play sports every day to be (4) .....and strong.

**3. Read the text and answer the questions.**

I'm Adam, and I'd like to share my habits how have changed. In the past, I woke up late on weekends and didn't exercise much. Now, I wake up early and exercise every morning-it makes me feel strong and happy.

I used to watch TV all day, but now I play football with friends every Saturday. Before, I loved chips, burgers, and sweets. Now, I eat more fruits and vegetables, which give me important vitamins.

My favorite snacks are apples, bananas, and carrots. And I drink water instead of soda.

My family's habits changed too-we grill or bake food instead of frying like we used to do in the past, and we eat dinner early, followed by a walk.

**A. Choose the correct answer from a , b , c or d .**

1. In the past, Adam woke up late on ..... .

ⓐ holiday ⓑ weekends ⓒ Sunday ⓓ Monday

2. After eating ..... , Adam's family go for a walk .

ⓐ rice ⓑ eggs ⓒ breakfast ⓓ dinner



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**B. Answer the following questions,**

3. What are Adam's favorite snacks now?

.....

4. What did Adam love to eat in the past?

.....

5. How did Adam's family cook their food in the past?

.....

**4. Put the words in the correct order to make sentences.**

1. and – wake – early – I – exercise - up .

.....

2.is- favorite – What - snack - Adam's?

.....

**5. Read and write the correct form of the word [s] between brackets.**

1. We need ..... (any) tomatoes to make salad.
2. She ate ..... (a) apple yesterday.
3. There aren't ..... (some) students in the class.
4. My dad bought ..... (an) new car.

**6. Punctuate the following.**

1. exercise makes me feel strong and happy

.....

2. what does Adam do every morning

.....

**7. Write a paragraph of about (30-40) words using the following guiding elements.**

Your habits

Guiding elements:

wake up exercise eat

.....

.....

.....

.....

.....



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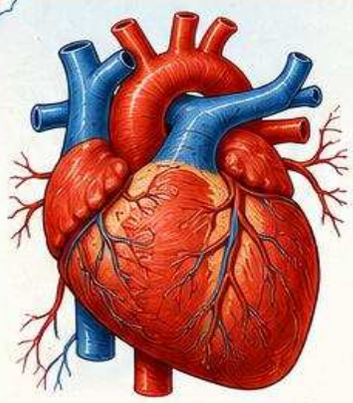
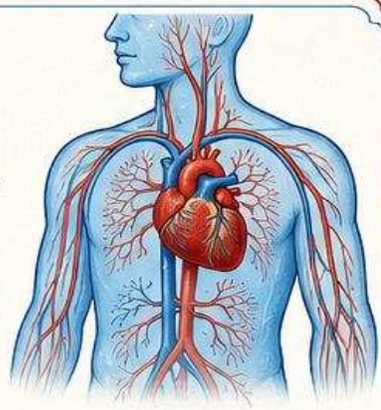


# UNIT 2

# Heart and Blood

# قلب و دم

## Study Lesson 3



## Main vocabulary الكلمات الاساسية

| | | | |
|---|---|---|---|
| • organ | عضو | amazing | مذهل/مدهش |
| • oxygen | الاكسجين | sick | مريض |
| • blood vessels | الاوعية الدموية | carbon dioxide | ثانى اكسيد الكربون |
| • heart | قلب | size | مقياس/حجم |
| • fist | كف/قبضة | alive | على قيد الحياة |

## Extra vocabulary الكلمات الاضافية

| | | | |
|---|---|---|---|
| • tips | نصائح | tightly | بقوة \ باحكام |
| • nutrients | عناصر غذائية | gas | غاز |
| • blood | دم | sleeping | النوم |
| • cell | خلية | waste | نفايات/مخلفات |
| • powerful | قوى | stress | توتر/ضغط |
| • muscle | عضلة | pump | مضخة |
| • tubes | انابيب | waste products | نواتج فضلات |

## Conjugation of verbs تصريف الأفعال

### Regular

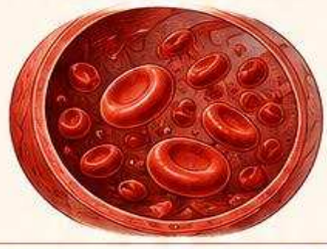
| Present | | Past |
|---|---|---|
| carry | يحمل | carried |
| stay | يبقي | stayed |
| try | يحاول | tried |

### Irregular

| Present | | Past |
|---|---|---|
| keep | يحافظ | kept |
| hurt | يؤذي | hurt |
| have | يتناول | had |

## Important Expressions and Phrases تعبيرات و عبارات هامة

| | | | |
|---|---|---|---|
| • take away | يتخلص من | • (be) like | مثل \ يشبة |
| • keep you alive | بيقي على قيد الحياة | • take care of | يعتني بـــ |
| • get sick | يصاب بمرض | • do a job | يؤدي وظيفة |



UNIT 2

# Our Body's Super Pump

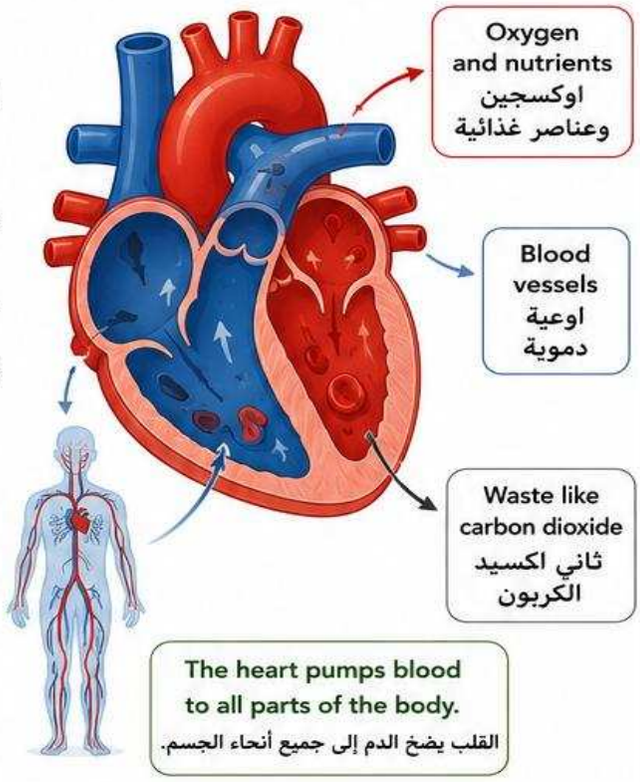
## Read the Context Lesson 3

## المضخة الخارقة في اجسامنا

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 18 | 9 | 10 | 12 | 13 | 14 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | | | | | | | | |
| amazing<br>جسم مذهل | organs<br>اعضاء الجسم | fist<br>قبضة يد | pump<br>يضخ | oxygen<br>اوكسجين | nutrients<br>عناصر غذائية | carbon dioxide<br>ثاني اكسيد الكربون | pumps<br>يضخ | blood vessels<br>اوعية دموية | alive<br>على قيد الحياة | stress<br>ضغط | sick<br>مريض | tips<br>نصائح | powerful<br>قوة |

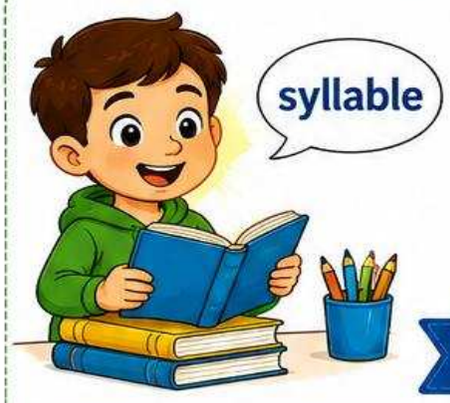
We have an (1)amazing body. The heart is one of the most important (2)organs of our body. It is about the size of your (3)fist. The heart's job is to (4)pump blood to all parts of the body. Blood carries (5)oxygen and the (6)nutrients to every cell. It also takes away waste like (7)carbon dioxide. The heart (8)pumps blood through (9)blood vessels, which are like small tubes. The heart is a strong muscle that keeps us (10)alive. Too much (11)stress can hurt your heart. So it's important to keep it healthy. You can take care of your heart by eating good food, sleeping well, and drinking a lot of water. Also, exercise helps your heart pump better and keeps you from getting (12)sick. If you follow these (13)tips, your heart will stay strong. It may be small, but it is very (14)powerful!

لدينا جسمٌ مذهل. القلب أحد أهم أعضاء جسمنا. وهو بحجم قبضة اليد تقريبًا. وظيفة القلب هي ضخ الدم إلى جميع أنحاء الجسم، حيث يحمل الدم الأكسجين والمغذيات إلى كل خلية. كما يُزيل الفضلات مثل ثاني أكسيد الكربون. يضخ القلب الدم عبر الأوعية الدموية، وهي أنابيب دقيقة. القلب عضلة قوية تُبقينا على قيد الحياة. الإجهاد المفرط قد يُضرّ بالقلب، لذا من المهم الحفاظ على صحته. يمكنك الاعتناء بقلبك من خلال تناول طعام صحي، والنوم الكافي، وشرب الكثير من الماء. كما أن ممارسة الرياضة تُحسّنّ من ضخ القلب للدم وتُجنّبك الأمراض. باتباع هذه الخطوات، سيظل قلبك قويًا. قد يكون صغيرًا، لكنه قوي جدًا.


Oxygen and nutrients
اوكسجين وعناصر غذائية
Blood vessels
اوعية دموية
Waste like carbon dioxide
ثاني اكسيد الكربون
The heart pumps blood to all parts of the body.
القلب يضخ الدم إلى جميع أنحاء الجسم.

## 13 TIPS FOR A HEALTHY HEART ١٣ نصيحة لقلب صحي

| | | | | | | |
|---|---|---|---|---|---|---|
| Eat healthy food.<br>تناول طعامًا صحيا. | Exercise regularly. | Drink plenty of water.<br>اشرب الكثير من الماء. | Sleep well.<br>نم جيدًا. | Avoid too much stress.<br>تجنب الضغط المفرط. | Don't smoke.<br>لا تدخن. | Eat less junk food.<br>قلل من الأطعمة غير الصحية |
| Eat fruits and vegetables.<br>كل الفواكه والخضراوات. | Keep your weight healthy.<br>حافظ على وزنك الصحي. | Check your heart health.<br>افحص صحة قلبك. | Take deep breaths.<br>تنفس نفسا عميقا | Be happy and positive.<br>كن سعيدًا وإيجابيًا. | Spend time with family. | Listen to your body.<br>استمع إلى جسدك. |




# Unit 2

# Syllables

# المقاطع الصوتية

## Pronunciation

A syllable is a word part with one vowel sound. It can have one or more vowel letters, but only one vowel sound.

المقطع هو جزء من الكلمة يحتوي على صوت علة واحد. يمكن أن يحتوي على حرف علة واحد أو أكثر، ولكن على صوت علة واحد فقط.

---

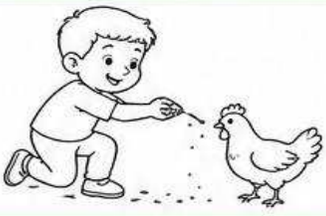
Words like "bread" (five letters) and "pot" (three letters) look different, but both have one syllable because they have only one vowel sound.

كلمات مثل "bread" (خمسة أحرف) و "pot" (ثلاثة أحرف) تبدو مختلفة، لكن كلاهما يحتوي على مقطع واحد لأنهما يحتويان على صوت حرف علة واحد فقط.

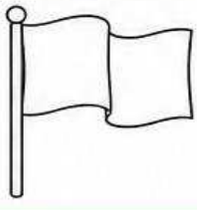
### Syllables — Listen , paint and say : — المقاطع الصوتية

leaf
ورقة شجر

pot
حلة\اناء



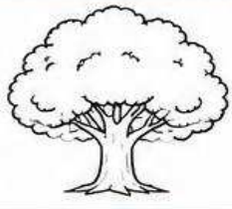
feed
يطعم



flag
علم

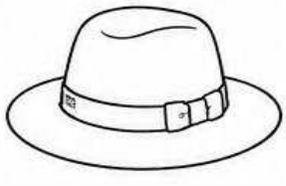
### one-syllable words — Listen , paint and say : — كلمات ذات مقطع واحد

run
يجري



tree
شجرة

jump
يقفز



hat
قبعة



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# General Exercise unit 1 lesson 3

**1. Choose the correct answer from a, b, c or d.**

1. Our teacher gave us some useful ..... to pass the exam.
ⓐ erasers ⓑ tips ⓒ nutrients ⓓ pencils
2. Do you have ..... pencils?
ⓐ any ⓑ a ⓒ an ⓓ some
3. We ate ..... sweets after lunch.
ⓐ any ⓑ a ⓒ an ⓓ some
4. When I get scared, my heart ..... faster.
ⓐ beats ⓑ picks ⓒ grows ⓓ remembers
5. ..... give people energy to grow.
ⓐ Nutrients ⓑ Vessels ⓒ Organs ⓓ Fists
6. Blood ..... are tubes for carrying blood through the body.
ⓐ products ⓑ boxes ⓒ vessels ⓓ organs

**2. Read and complete the text with the words in the box.**

muscle - alive - heart - stress - beat

We have an amazing body . The (1) ..... is one of the most important organs of our body. The heart is a strong (2) .....that keeps us (3) .....Too much (4) .....can hurt our heart, so it's important to keep it healthy.

**3. Read the text and answer the questions.**

The heart is an important part of our body. It is about the size of our fist. The heart pumps blood to all parts of the body. It works all the time. To keep the heart healthy, we should eat healthy food, drink a lot of water, and sleep well. We should also do exercise to make our heart strong. Too much stress is bad for the heart. If we take care of our heart, we feel good and full of energy.

**A. Choose the correct answer from a,b,c or d.**

1. The text is about " ..... "
ⓐ The heart ⓑ The skin ⓒ Oxygen ⓓ Cells
2. The underlined word "bad" is the opposite of" .....
ⓐ soft ⓑ good ⓒ easy ⓓ hard

**B. Answer the following questions.**

3. What is the size of the heart?
.....
4. What does the heart do?
.....
5. What is bad for the heart?
.....


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**4. Put the words in the correct order to make sentences.**

1. can- we - keep - How - healthy - our heart?

.....

2. is- a gas- Oxygen- breathe - that - we.

.....

**5. Read and write the correct form of the word[s] between brackets.**

1. Is there ..... (some) juice in the fridge?
2. She has ..... (a) apple in her bag.
3. I want to buy ..... (an) notebook.
4. There are ..... (any) books on the table.

**6. Punctuate the following.**

1. blood carries oxygen and nutrients to every cell

.....

2. what does the heart pump into the body

.....

**7. Write a paragraph of about FORTY [40] words using the following guiding elements.**

**Our heart**

Guiding elements:

organ stress pump

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Islam Ramadan



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# UNIT 2

# Life savers in action

# منقذو الحياة اثناء العمل

**Study Lesson 4\5**

## Main vocabulary — الكلمات الاساسية

| | | | |
|---|---|---|---|
| hero | بطل | immediately | فى الحال |
| life saver | منقذ | kindness | عطف |
| emergencies | حالات طوارئ | safely | بامان |
| community | مجتمع | local | محلى |
| healthcare | الرعاية الصحية | diseases | امراض |

## Extra vocabulary — الكلمات الاضافية

| | | | |
|---|---|---|---|
| cause | سبب | skill | مهارة |
| workers | عمال | patient | مريض |
| diagnose | يشخص(المرض) | source | مصدر |
| paramedics | فرق الاسعاف | rest | راحة |
| treatment | علاج | daily | يومى |
| doctor | طبيب | pharmacist | صيدلى |
| lives | حيوات | quickly | بسرعة |
| correct | صحيح/مناسب | knowledge | المعرفة |
| medicine | دواء | support | دعم |
| skills | مهارات | brush | يغسل بالفرشاة |
| tiring | متعب | care | رعاية/عناية |
| toothpaste | معجون اسنان | neighbor | جار |
| non fiction | مبنى على حقائق | harmful | ضار |
| reliable | موثوق به | problem | مشكلة |
| stethoscope | سماعة الطبيب | urgent | عاجل/ملح |

## Conjugation of verbs — تصريف الأفعال

### Regular

| Present | | Past |
|---|---|---|
| treat | يعالج | treated |
| diagnose | يشخص | diagnosed |
| receive | يستقبل | received |
| care | يعتني/يرعي | cared |
| check | يفحص | checked |
| provide | يزود | provided |
| respond | يرد | responded |
| encourage | يشجع | encouraged |

### Irregular

| Present | | Past |
|---|---|---|
| give | يعطي | gave |
| hide | يختبئ | hid |
| eat | ياكل | ate |
| do | يفعل | did |
| bend | ينحني | bent |
| become | يصبح | became |
| drink | يشرب | drank |
| tell | يخبر | told |

## Important Expressions and Phrases — تعبيرات و عبارات هامة

| | |
|---|---|
| spend their lives | يقضون حياتهم |
| care for | يعتني بـــــ |
| around the clock | على مدار الساعة |

| | |
|---|---|
| day and night | ليلا و نهارا |
| make sure | يتأكد |
| on the spot | على الفور |



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UNIT 2

# Healthcare Heroes

Read the Context Lesson 4\5

## ابطال الراعية الصحية

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| healthcare الرعاية الصحية | pharmacists الصيادلة | paramedics المسعفين | others الأخرين | treat illnesses علاج الأمراض | knowledge معرفة | check patients فحص المرضى | diagnose diseases تشخيص الأمراض | receive حصول | emergencies حالات الطوارئ | encourage يشجعون | stay active النشاط البدني | kindness طيبة |

(1)**Healthcare** workers like doctors, nurses, (2)**pharmacists**, and (3)**paramedics** are real-life heroes, who spend their lives helping (4)**others**. They work day and night to keep people healthy and to (5)**treat illnesses**. Doctors use their (6)**knowledge** and skills to (7)**check** patients, (8)**diagnose** diseases, and provide (1)**treatments**. Nurses often work around the clock to give support and care for patients. Pharmacists play a very important role too. They make sure patients (9)**receive** the correct medicine, and they give advice on how to use it safely. Paramedics respond quickly in (10)**emergencies**. They give help on the spot and take patients safely to hospitals. Healthcare workers also help us live healthier lives, as they (11)**encourage** us to eat healthy meals, (12)**stay active**, play sports , and stop harmful habits. These heroes work long hours with (13)**kindness**. We should thank them by caring for our health and showing them respect. Healthcare workers are really our everyday heroes.

العامِلون في مجال الرعاية الصحية، كالأطباء والممرضين والصيادلةِ والمسعفين، أبطال حقيقيّون يكرسون حياتهم لمساعدة الآخَرين. يعملون ليل نهار للحفاظ على صحة النّاس وَعلاجِ الأمراض. يستخدم الأطباء اطلِيلم مَعارفهم ومهاراتهم لفحص المرضى. وتشخيص الأمراض وتقديم العلاجات. عالَيًا ما يعمل المرضون على مدار الساعة لتقديم الدعم والرعاية للمرضى. يلعب الصيادلة دورا بالغ الأهميةُنا. فهم يحرصون على حصول المرضى على الدواء الصحيح، ويقدمون لهم النصائح حول كيفية استخدامة بأمان. يستجيب المسعفون بسرعة في حالات الطوارئ، ويقدمون المساعدة الفورية وينقلون المرضى بأمان إلى المستشفياتِ.

كَما يساعدنا العاملون في الرعاية الصحيّة على عيش حياة صحيحة. إذ يشجعنا على اتباع صحة، إذ يشجعونا على تناول وُجبات صحيّة، وممارسة النشاط البدني، ومُمارسة الرياضة ، والتخلي عن العادات الضارة. يعمل هؤلاء الأبطال لساعات طويلة بكيل. علينا أن نشكرهم بالامتنام بُصحتنا واظهار الاحترام لهم. العاملون في مجال الرعاية الصحية هم حقًا أبطالنا في حياتنا اليومية.

## Healthcare Heroes in Action أبطال الرعاية الصحية في عملهم

### Doctors

Check patients, diagnose diseases, and treat illnesses.

يفحصون المرضى، يشخصون الأمراض، ويعالجونها.

### Nurses

Provide care, support, and comfort.

يقدمون الرعاية والدعم والراحة.

### Pharmacists

Give the right medicine and help with medication advice.

يقدمون الدواء الصحيح ويعطون نصائح حول استخدامه.

### Paramedics

Respond quickly in emergencies and save lives.

يستجيبون بسرعة في حالات الطوارئ وينقذون الأرواح.

### All Healthcare Workers

Work together with kindness and respect.

يعملون معًا بطيبة واحترام.

Let's thank our healthcare heroes for their hard work and care. لنشكر أبطال الرعاية الصحية على عُملهم الدؤوب ورعايتهم.



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# General Exercise unit 1 lessons 4\5

**1. Listen and circle the correct answer from a, b, c or d.**

1. Doctors, nurses, and paramedics have an important habit . ( )
2. They work around the clock . ( )
3. They protect people and their families safe. ( )
4. Healthcare workers are really our everyday heroes. ( )

Doctors, nurses, and paramedics have an important role . They work around the clock . They keep people and their families safe. Healthcare workers are really our everyday heroes.

**2. Choose the correct answer from a, b, c or d.**

1. To ..... means to identify the cause of a problem or illness,
ⓐ transport ⓑ diagnose ⓒ provide ⓓ receive
2. Doctors, nurses, and..... are healthcare workers.
ⓐ mechanics ⓑ drivers ⓒ pharmacists ⓓ patients
3. My mother bought ..... bottles of water last week.
ⓐ A ⓑ an ⓒ some ⓓ any
4. There ..... any juice left in the fridge.
ⓐ are ⓑ is ⓒ isn't ⓓ aren't
5. Paramedics ..... patients to hospital after the accident.
ⓐ keep ⓑ treat ⓒ take ⓓ protect
6. Doctors, nurses and paramedics are ..... in our life.
ⓐ life savers ⓑ actors ⓒ workers ⓓ patients

**3. Read and complete the text with the words in the box.**

proud – jobs – healthcare – market – paramedic

My mother works as a nurse in a big hospital. My father is a (1) ..... . They are (2) .....workers. Their (3) .....are important as they help people in emergencies. I'm so (4) .....of them.

**4. Read the text and answer the questions.**

Healthcare workers like doctors, nurses, pharmacists, and paramedics are real-life heroes who spend their lives helping others. They work day and night to keep people healthy and treat illnesses. Doctors use their knowledge and skills to check patients, diagnose diseases and provide treatments. Pharmacists play a very important role, too. They make sure patients receive the correct medicine and give advice on how to use it safely. Paramedics respond quickly in emergencies. They give help on the spot and take patients to hospitals.

**A. Choose the correct answer from a,b,c or d.**

1. Doctors, nurses and paramedics are called .....
ⓐ mechanics ⓑ vets ⓒ actors ⓓ healthcare workers



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2. The underlined word "diseases" means .....
ⓐ hero ⓑ care ⓒ health ⓓ illnesses

**B. Answer the following questions.**

3. Where do paramedics take patients?

.....

4. Who responds quickly in emergencies?

.....

5. Summarize the text in one sentence.

.....

**5. Put the words in the correct order to make sentences.**

1. thank- We- should - workers - healthcare.

.....

2. quickly - respond - Paramedics - emergencies - in.

.....

**6. Read and write the correct form of the word [s] between brackets.**

1. I want to buy ..... (any) grapes.
2. There isn't ..... (some) cheese in the fridge.
3. I bought ..... (an) green notebook.
4. They played with ..... (a) orange ball.

**6. Punctuate the following.**

1. drink enough water daily

.....

2. paramedics take patients safely to hospitals

.....

**7. Write a paragraph of about THIRTY (30) words using the following guiding elements.**

**Healthcare workers**

Guiding elements:

doctors nurses paramedics

.....

.....

.....

.....

.....

Islam Ramadan



D.M.RAZK موقع الدكتور محمد رزق معلم الكيمياء التعليمي

# Unit 2

# Fit , Fast and Feeling Good

## لائق بدنيا و سريع و اشعر بشعور جيد

☆ Choose the correct answer from a, b, c or d. ☆

## 1 Pop Quiz on Vocabulary part 1

1. Playing sports helps us to be ..... and strong.
   (a) fat (b) fit (c) stressed (d) tired

2. Sports affect your ..... health by feeling less stressed.
   (a) mental (b) physical (c) local (d) family

3. Our bones and ..... help us move, walk, and run.
   (a) teeth (b) ears (c) tongue (d) muscles

4. My brother loves watching ..... on TV, especially football.
   (a) cartoons (b) sports (c) books (d) lungs

5. Exercising regularly ..... stress.
   (a) reduces (b) damages (c) increases (d) collects

## 2 Pop Quiz on Vocabulary part 2

1. ..... habits are important.
   (a) Bad (b) Unhealthy (c) Healthy (d) Lazy

2. We should eat more fruits and ..... to be healthy.
   (a) vegetables (b) recipes (c) muscles (d) hobbies

3. We went on a long ..... to visit my grandma in another city.
   (a) journey (b) game (c) lesson (d) class

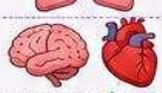
4. Fruits and vegetables give us ..... to stay healthy.
   (a) picnic (b) burger (c) soda (d) vitamins

5. We always ..... bread from the bakery.
   (a) draw (b) buy (c) hide (d) fix

## 3 Pop Quiz on Vocabulary part 3

1. Your hand when it's tightly closed is called a .....
   (a) head (b) leg (c) fist (d) kick

2. ..... is a gas that we breathe.
   (a) Food (b) Smoke (c) Oxygen (d) Oil



3. Your brain and heart are .....
   (a) colors (b) bodies (c) subjects (d) organs

4. ..... give people energy to grow.
   (a) Nutrients (b) Vessels (c) Organs (d) Fists

5. Blood ..... are tubes for carrying blood through the body.
   (a) products (b) boxes (c) vessels (d) organs



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# Unit 2

# Fit , Fast and Feeling Good

## لائق بدنيا و سريع و اشعر بشعور جيد

☆ Choose the correct answer from a, b, c or d. ☆

## Pop Quiz on Grammar

1. Do you have ..... pencils?
   ⓐ any ⓑ a ⓒ an ⓓ some
2. We ate ..... sweets after lunch.
   ⓐ any ⓑ a ⓒ an ⓓ some
3. There ..... any juice left in the fridge.
   ⓐ are ⓑ is ⓒ isn't ⓓ aren't
4. Is there ..... water in the bottle?
   ⓐ some ⓑ any ⓒ a ⓓ an
5. I saw ..... elephant at the zoo.
   ⓐ some ⓑ any ⓒ a ⓓ an
6. Fareeda bought ..... candies after school .
   ⓐ any ⓑ a ⓒ an ⓓ some
7. Do you need ..... help , Islam ?
   ⓐ are ⓑ is ⓒ isn't ⓓ aren't
8. Are there ..... bottles of water in the kitchen ?
   ⓐ Are ⓑ Is ⓒ Was ⓓ Has
9. I have ..... dog at my house .
   ⓐ some ⓑ any ⓒ a ⓓ an

## Read and complete the sentences with the correct form of the words between brackets :

1. Is there ..... (some) sugar for my coffee?
2. They have ..... (an) grapes for snacking.
3. We need ..... (any) flour for baking.
4. Can I have ..... (a) oranges , please?
5. I would like ..... (an) apples from the market.
6. Can I have ..... (a) apple for a snack?
7. Do you have ..... (some) water for me to drink?
8. There's ..... (a) egg in the fridge if you want to make breakfast.
9. We don't have ..... (some) oranges left, sorry.
10. I'd like ..... (any) banana with my cereal, please.



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# WH QUESTIONS
## أدوات الاستفهام

★ لازم تحفظ أدوات الاستفهام علشان تعرف تحل سؤال القطعة :

| | | | |
|---|---|---|---|
| 1 | What | للسؤال عن الأشياء و عن الفعل | 1. ما \ ماذا |
| 2 | Where | للسؤال عن المكان | 2. اين |
| 3 | Who | للسؤال عن الشخص العاقل | 3. من للعاقل |
| 4 | When | للسؤال عن الوقت و الزمان | 4. متي |
| 5 | How | للسؤال عن وسيلة المواصلات و الصحة | 5. كيف |
| 6 | Which | للسؤال عن الغير عاقل | 6. من لغير العاقل |
| 7 | How many | للسؤال عن العدد | 7. كم عدد |
| 8 | How much | للسؤال عن الكمية | 8. كم الكمية |
| 9 | Why | للسؤال عن السبب و للإجابة عليها بـ because | 9. لماذا |

★ لازم تحفظ الأفعال المساعدة علشان تعرف تحل سؤال القطعة :

• كل الأفعال المساعدة لها معني واحد ( هـــــــل ) و للإجابة عليهم بـــــــ , No , Yes

| | | |
|---|---|---|
| 1 | verb to be | am \ is \ are \ was \ were |
| 2 | verb to do | Do \ Does \ Did |
| 3 | verb to have | Have \ Has \ Had |
| 4 | modal verbs | Will \ would \ Can \ Could \ May \ Should |

**4. Read the text and answer the questions.**

Playing sports has a good effect on your health. It makes your body stronger Football, for example, makes your heart strong and helps your muscles grow. It also increases energy. Swimming is very good, too. It helps the whole body. It makes your lungs strong. Exercise helps you lose weight and makes your bones stronger. Sports can help you with your mental health because exercising regularly helps you sleep better and reduces stress

**A. Choose the correct answer from a,b,c or d.**

1. This text is about the importance of .....
   (a) muscles (b) sports (c) lungs (d) heart
2. The underlined verb "increases" is the opposite of " ....."
   (a) reduces (b) collects (c) exercises (d) mixes

**B. Answer the following questions.**

3. How can swimming help us?
   ✍ .....
4. Why are sports important for your mental health?
   ✍ .....
5. Summarize the text in one sentence.
   ✍ .....

• تعلم السؤال المبدوء بأفعال مساعدة

6. Does sport make you weak ? ✍ .....



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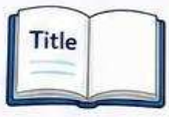
# How to Answer Reading Comprehension for Primary Students

Read it. Understand it. Answer it!

## 1 Read the Title

- Read the title.
- Think: What might the text be about?




## 2 Read the Passage

- Read the passage carefully.
- Don't rush!
- Try to understand the main idea.

## 3 Find Important Information

- Look for key words and ideas.
- Pay attention to who, what, where, when, why and how.

## 4 Read the Questions

- Read each question carefully.
- Underline or circle key words in the question.

## 5 Find the Answers

- Go back to the passage.
- Find the part that talks about the question.
- The answer is usually in the text!

## 6 Choose the Best Answer

- Read all the choices.
- Choose the one that is correct and makes the most sense.

## 7 Check Your Answer

- Read your answer again.
- Does it make sense?
- Did you answer the question?

## EXAMPLE PASSAGE

### A Little Bird

Lily has a little bird. Its name is Pip. Pip is blue and yellow. It can sing beautiful songs. Every morning, Pip sings near the window. Lily listens and smiles. She gives Pip seeds and fresh water every day. Lily loves her little bird very much.

## EXAMPLE QUESTIONS & HOW TO ANSWER

**1** What is the bird's name?

a) Lily b) Pip c) Blue d) Seeds

- Look for: name
- Answer is in the first sentence.

**2** What colors is Pip?

a) Green and red
b) Blue and yellow
c) Black and white
d) Yellow and green

- Look for: colors
- The answer is in the second sentence.

**3** When does Pip sing?

a) At night
b) In the afternoon
c) Every morning
d) On Sunday

- Look for: time
- The answer is in the third sentence.

**4** What does Lily give Pip?

a) Toys
b) Seeds and water
c) Milk
d) Bread

- Look for: what Lily gives
- The answer is in the fourth sentence.

**5** How does Lily feel about Pip?

a) She is sad.
b) She is angry.
c) She loves her very much.
d) She doesn't like it.

- Look for: feeling
- The answer is in the last sentence.

## KEY WORDS TO LOOK FOR

- Who?
- When?
- What?
- Why?
- Where?
- How?

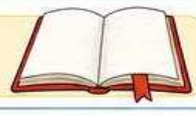
## USEFUL TIPS

- Read carefully and don't guess.
- Find the answer in the text.
- If you don't know, go back and read again.
- Take your time.
- Practice every day!

## REMEMBER!

- The answer is in the passage.
- Look for clues.
- Think and check.
- You can do it!

Great readers make great thinkers!
**Read – Understand – Answer – Succeed!**





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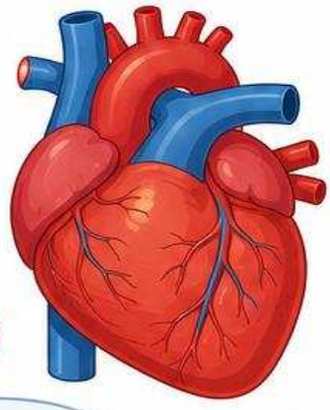
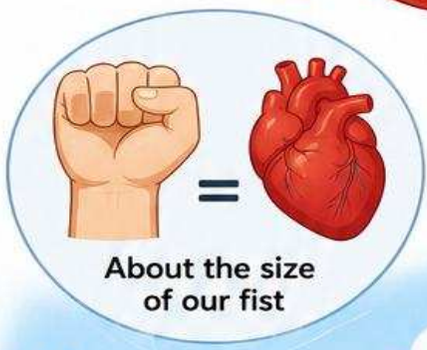
# Our heart

"The heart is an important part of our body. It is about the size of our fist. The heart pumps blood to all parts of the body. It works all the time. To keep the heart healthy, we should eat healthy food, drink a lot of water, and sleep well. We should also do exercise to make our heart strong. Too much stress is bad for the heart. If we take care of our heart, we feel good and full of energy."



1. The heart is an **important** part of our body.
2. It is about the **size** of our fist.
3. The heart **pumps blood** to all parts of the body.
4. It works **all the time**.
5. To keep the heart healthy, we should eat **healthy food**, drink a lot of **water**, and **sleep well**.
6. We should also do **exercise** to make our heart **strong**.
7. Too much **stress** is bad for the heart.
8. If we take care of our heart, we feel **good** and full of **energy**.



**Take care of your heart today, for a healthier tomorrow!**



D.M.RAZK موقع الدكتور محمد رزق معلم الكيمياء التعليمي

# Healthcare workers

Healthcare workers like doctors, nurses, pharmacists, and paramedics are real-life heroes who spend their lives helping others. They work day and night to keep people healthy and treat illnesses. Doctors use their knowledge and skills to check patients, diagnose diseases and provide treatments. Pharmacists play a very important role, too. They make sure patients receive the correct medicine and give advice on how to use it safely. Paramedics respond quickly in emergencies. They give help on the spot and take patients to hospitals.

1.
Healthcare workers like doctors, nurses, pharmacists, and paramedics are **real-life heroes** who spend their lives helping others.

2.
They work **day and night** to keep people healthy and treat illnesses.

3.
Doctors use their **knowledge** and **skills** to check patients, diagnose diseases and provide treatments.

4.
**Pharmacists** play a very important role, too.

5.
They make sure patients receive the **correct medicine** and give advice on how to use it **safely**.

6.
Paramedics respond quickly in **emergencies**.

7.

They give help on the spot and take patients to **hospitals**.

Thank you to all healthcare workers for your care, kindness and dedication.



D.M.RAZK موقع الدكتور محمد رزق معلم الكيمياء التعليمي

# Your habits

I want to share my habits how have changed. In the past, I woke up late on weekends and didn't exercise much. Now, I wake up early and exercise every morning–it makes me feel strong and happy. I used to watch TV all day, but now I play football with friends every Saturday. Before, I loved chips, burgers, and sweets. Now, I eat more fruits and vegetables, which give me important vitamins. My favorite snacks are apples, bananas, and carrots. And I drink water instead of soda.

1. I want to share my habits how have changed.
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8. And I drink water instead of soda.

# Playing sports

Playing sports has a good effect on your health. It makes your body stronger Football, for example, makes your heart strong and helps your muscles grow. It also increases energy. Swimming is very good, too. It helps the whole body. It makes your lungs strong. Exercise helps you lose weight and makes your bones stronger. Sports can help you with your mental health because exercising regularly helps you sleep better and reduces stress .

1. Playing sports has a good effect on your health.
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3. It makes your heart strong and helps your muscles grow.
4. It also increases energy. Swimming is very good, too.
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6. It makes your lungs strong.
7. Sports can help you with your mental health because exercising regularly helps you sleep better and reduces stress.

D.M.RAZK موقع الدكتور محمد رزق معلم الكيمياء التعليمي

# "The job of the doctor"

1. Write a paragraph of about (30–40) words using the following guiding elements.

1. I live in Mansoura. I'm a doctor. I work at a local hospital.
2. I wear a white coat. I carry a stethoscope around my neck.
3. My friend Fareeda is a pharmacist.
4. She always makes sure patients receive the correct medicine.
5. She gives patients advice on how to use the medicine safely.
6. Our work is tiring but we are very proud to help other people.

I live in Mansoura. I'm a doctor. I work at a local hospital. I wear a white coat. I carry a stethoscope around my neck. My friend Fareeda is a pharmacist. She always makes sure patients receive the correct medicine. She gives patients advice on how to use the medicine safely. Our work is tiring but we are very proud to help other people.



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# Test on unit 2

**1. Listen and write T (true) or F (false) :**

1. Pharmacists play a very important role in healthcare. ( )
2. They make sure that patients receive the correct medicine. ( )
3. They respond quickly in the emergencies. ( )
4. Paramedics take teachers safely to hospitals . ( )

Pharmacists play a very important role in healthcare. They make sure that patients receive the correct medicine. They respond quickly in the emergencies. Paramedics take patients safely to hospitals .

**2. Choose the correct answer from a, b, c or d**

1. I read every day to ..... my knowledge.

ⓐ reduce ⓑ increase ⓒ lose ⓓ beat

2. After the accident, he went to the hospital for .....

ⓐ ticket ⓑ rest ⓒ fun ⓓ treatment

3. Is there ..... water in the bottle?

ⓐ some ⓑ any ⓒ a ⓓ an

4. I saw ..... elephant at the zoo.

ⓐ some ⓑ any ⓒ a ⓓ an

**3. Read and complete the text with the words in the box.**

fun – treatment – hospital – patients – diseases

My uncle is a doctor. He works in a big (1) .....in Cairo. He uses his knowledge and skills to check (2) ..... . He diagnoses their (3) .....and provide (4) .....His job is very hard.

**4. Read the text and answer the questions.**

Yara and Nada are my cousins. They live in Alexandria. Yara is a doctor. She works at a local hospital. She wears a white coat. She carries a stethoscope around her neck. Nada is a pharmacist. She always makes sure patients receive the correct medicine. She gives patients advice on how to use the medicine safely. Yara and Nada's work is tiring but they are very proud to help other people.

**A. Choose the correct answer from a, b, c or d.**

1. The underlined verb "receive" means " .....

ⓐ stop ⓑ respond ⓒ get ⓓ check

2. Yara and Nada's work is .....

ⓐ harmful ⓑ tiring ⓒ easy ⓓ simple



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**B. Answer the following questions.**

3. Where does Yara work?

.....

4. What's Nada's job?

.....

5. Summarize the text in one sentence.

.....

**5. Put the words in the correct order to make sentences.**

1. you – does – stronger – make – How – football ?

.....

2. buy – some – to – I – want – grapes .

.....

**6. Read and write the correct form of the word(s) between brackets.**

1. Salma has ..... (any) notebooks on the table.
2. He ate ..... (a) apple yesterday.

**7. Punctuate the following.**

1. i used to watch TV all day

.....

2. when does the heart beat faster

.....

**8. Write a paragraph of about (30-40) words using the following guiding elements.**

"The job of the doctor"

Guiding elements:

emergencies treat diagnose

.....

.....

.....

.....

.....

.....

Islam Ramadan



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## October
## المراجعة الشهرية الخاصة بمقرر شهر أكتوبر
## Unit 1

**1. Choose the correct answer from a , b , c , or d:**

1. I There are many water ..... along the Nile.
ⓐ foods ⓑ weeds ⓒ insects ⓓ rats
2. Some animals hide under rocks to stay in the .....
ⓐ heat ⓑ cool ⓒ shade ⓓ dry
3. To make pasta, you need to ..... the water
ⓐ boil ⓑ cool ⓒ chop ⓓ fry
4. Lizards ..... on insects.
ⓐ breathe ⓑ dream ⓒ feed ⓓ sleep
5. Doctors have an important ..... caring for the patients.
ⓐ door ⓑ way ⓒ game ⓓ role
6. Koshari is a/an ..... food.
ⓐ traditional ⓑ international ⓒ Asian ⓓ Europe
7. People should work together to ..... the Nile.
ⓐ respect ⓑ protect ⓒ remove ⓓ hunt
8. In good and bad weather, animals learn to .....
ⓐ survive ⓑ protect ⓒ balance ⓓ try
9. Nour is ..... She doesn't like sharing her toys.
ⓐ selfish ⓑ nice ⓒ smart ⓓ weak
10. Farmers grow ..... near the Nile.
ⓐ pots ⓑ crops ⓒ cups ⓓ branches

**2. Read and complete the text with the words in the box:**

**cold – strong – owls – rock – desert**

There are plenty of animals that live in the (1) ..... . The weather is hot and dry. Camels eat plants to stay (2) ..... . Some animals, like (3) .....come out at night. Other animals stay under a (4) .....to stay cool during the day

**boils – simple – onions – crunchy – food**

Nagwa likes making Koshari. It is her favorite traditional (1) ..... . First, she (2) ..... the water to make pasta and cooks the rice. Then, she makes the crispy (3) .....by slicing them thinly. She fries them until they are brown and (4) .....


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3. Read and write the correct form of the word(s) in brackets:

1. I ..... (go rarely) to school on foot.
2. Reem does her homework every day after school. She ..... (rarely) does her homework after school.
3. We ..... (always) make cake, just one time a month.
4. Hossam doesn't ever take the car. He ..... (never) takes the bus.
5. It..... (usually) rains in the summer.
6. Snakes..... (always) eat plants.
7. We..... (usually) have pizza for dinner. Just once a week!
8. I ..... (often) have cereal for breakfast. I don't like it!
9. He..... (always) goes swimming. He can't swim!
10. Desert animals ..... (usually) find food. It's not easy to find food.

## October

## المراجعة الشهرية الخاصة بمقرر شهر أكتوبر

## Unit 2

1. Choose the correct answer from a , b , c , or d:

1. Playing sports keeps your heart .....
ⓐ strong ⓑ weak ⓒ quick ⓓ slow
2. Karim practices football to increase his energy and helps his muscles .....
ⓐ break ⓑ give ⓒ grow ⓓ provide
3. We should ..... stress to help our mental health.
ⓐ let ⓑ increase ⓒ help ⓓ reduce
4. Our ..... pumps blood to our body.
ⓐ heart ⓑ brain ⓒ cell ⓓ organ
5. Blood carries ..... and nutrients to every cell.
ⓐ food ⓑ drink ⓒ oxygen ⓓ water
6. Blood vessels are small .....
ⓐ pot ⓑ bowls ⓒ tubes ⓓ cups
7. Our blood carries ..... like carbon dioxide.
ⓐ gas ⓑ energy ⓒ water ⓓ food
8. Doctors ..... diseases and provide treatment for patients.
ⓐ give ⓑ make ⓒ diagnose ⓓ remove
9. Nurses work around the ..... to support patients.
ⓐ wrist ⓑ watch ⓒ hour ⓓ clock
10. The ..... helped Reem on the spot when she fell.
ⓐ paramedics ⓑ engineers ⓒ patients ⓓ firefighters


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2. Read and complete the text with the words in the box:

three - muscles - slow - fit - reduces

Hany practices football (1) ..... times a week. It helps his (2) ..... grow and increases energy. Before going to the club, he eats fruits to give him energy. Football helps Hany stay (3) ..... . It is also good for his mental health and (4) ..... stress.

heart – pumps – stress – happy - stay

Today we learned about organs. The (1) ..... plays an important role in our body. It (2) ..... blood and carries oxygen and nutrition to every cell. It also carries waste, like carbon dioxide. Too much (3) ..... can hurt your heart. That's why we need to eat good food and exercise to (4) ..... fit.

3. Read and write the correct form of the word(s) in brackets:

1. Can I have..... (any) water?
2. The heart is..... (a) organ in our body.
3. We don't have..... (some) milk.
4. Do you have..... (some) cake left?
5. I need..... (an) new notebook.
6. Are there..... (some) girls in the football team?
7. Here, have..... (any) nuts.
8. There isn't..... (some) food left. They ate all of it.
9. ..... (A) apple a day keeps the doctor away.
10. Mayar eats two..... (egg) in the morning.

## October

### المراجعة الشهرية الخاصة بمقرر شهر أكتوبر

### Model 1

1. Choose the correct answer from a , b , c , or d:

1. Exercise makes our bones .....
ⓐ strong ⓑ weak ⓒ big ⓓ small

2. The ..... diagnosed her disease and gave her medicine.
ⓐ nurse ⓑ doctor ⓒ patient ⓓ engineer

3. Hadeer works hard. She works ..... the clock to do her job.
ⓐ over ⓑ under ⓒ in ⓓ around

4. The king wears a big ..... on his head.
ⓐ crown ⓑ hat ⓒ scarf ⓓ cap

5. Camels can ..... without food for a long time.
ⓐ respect ⓑ keep ⓒ survive ⓓ sleep



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2. Put the words in the correct order to make sentences:

1. Swimming – lungs- makes- stronger - our.

.....

2. helps -Exercise -weight-us- lose.

.....

3. much- Too - stress- hurt - heart – your- can.

.....

3. Read and write the correct form of the word(s) in brackets:

1. I We don't have ..... (some) bread.
2. Would you like ..... (a) juice?
3. Youssef is eating ..... (an) mango.
4. Nada ..... (wakes rarely) up early in the morning.
5. Eman ..... (usually) eats fast food. She doesn't like it

## October

## المراجعة الشهرية الخاصة بمقرر شهر أكتوبر

## Model 2

1. Choose the correct answer from a , b , c , or d:

1. The doctor advised me to ..... smoking to help my health get better.

ⓐ reduce ⓑ add ⓒ increase ⓓ do

2. Our heart carries oxygen and ..... to every cell.

ⓐ air ⓑ water ⓒ nutrients ⓓ sweets

3. Omar was so ..... He didn't want to give his toys to anyone.

ⓐ careful ⓑ selfish ⓒ old ⓓ cold

4. The weather was very hot, so Amira rested under a tree in the .....

ⓐ heat ⓑ shade ⓒ cool ⓓ trees

5. We should ..... for our plants.

ⓐ ignore ⓑ respect ⓒ care ⓓ play

2. Read and complete the text with the words in the box:

**paramedics – diagnosed – boiled – healthcare - badly**

Yesterday, our neighbor was injured (1) ..... . We called an ambulance and the (2) ..... were quick to give help on the spot. They took him to the hospital and the doctor (3) ..... his disease. The nurses worked around the clock to give him support. They are truly (4) ..... heroes.

3. Read and write the correct form of the word(s) in brackets:

1. There aren't ..... (some) boys in the class.
2. I'm going to the market to buy ..... (any) fruit.
3. Hala ..... (never) plays tennis. She likes playing it.
4. I don't go to the club. I ..... (always) go there.
5. She doesn't have ..... (some) money.



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## October

## المراجعة الشهرية الخاصة بمقرر شهر أكتوبر

## Model 3 Al-Azhar

**1. Read and complete the dialogue:**

Rice – Koshari - Then - fry

Mona; What's your favorite recipe, Nour?
Nour; I love making (1) .....
Mona; How do you make it?
Nour; First, I prepare the (2) .....
Mona: (3) ..... what do you do?
Nour; I make the sauce and (4) ..... the onions.

**1. Choose the correct answer :**

1. My mom collects (any-an-some) fresh eggs every day.
2. We don't have (some- any-a) milk in the fridge.
3. I (never – always- rarely) watch TV. I watch it every day.
4. Sara (always helps- helps always- always) her mom.
5. Adel (never – usually- always) comes on time. He is always late.

**3. Put the words in the correct order to make sentences:**

1. protect – We – should – planet – our .

.....

2. traditional – Hana – likes – food .

.....

3. illnesses – and – diagnose – Doctors – diseases .

.....

4. give – help – spot – The paramedics – the – on .

.....

5. our – good – Sleeping – is – health – mental – for .

.....

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